

<u>In Place of</u>	<u>Try</u>	<u>In place of</u>	<u>Try</u>
Sour cream	Reduced-fat, low-fat, or nonfat sour cream or yogurt, or 1/2 cup low-fat or nonfat cottage cheese blended with 1 1/2 teaspoons lemon juice	Mayonnaise	"Light" or fat-free mayonnaise or whipped salad dressing
Whipped cream	Chilled, whipped evaporated fat-free milk, or a nondairy whipped topping made from polyunsaturated fat	Rich desserts	Angel food cake, fresh fruit, or fruited low-fat yogurt
Whole milk	Fat-free or 1% fat milk as a beverage or in recipes	Salad dressing	Reduced-fat, low-fat, or fat-free commercial dressings, or home-made dressings made with unsaturated oils, water, vinegar, or lemon juice
High-fat cheese	Reduced-fat, low-fat, part-skim-milk, or nonfat cheese	Soups	Defatted broths, or broth based or fat-free milk-based soups instead of cream soups
Ice cream	Frozen low-fat or nonfat yogurt and ice cream, frozen fruit juice products, or sorbet	Meats	Lean meats, including beef round, sirloin, tenderloin, and flank steak; fresh ham and pork tenderloin; lamb or veal loin chops or roasts; skinless turkey and chicken; all fresh and non-breaded frozen fish; tuna canned in water; or 97% fat-free luncheon meat
Whole egg	Two egg whites for each whole egg, or an egg substitute		

In place of    Try

Butter, lard, and other saturated fats (coconut oil, palm oil)

Soft, tub margarine (the first ingredient on the label should be a liquid vegetable oil); safflower, corn, sesame, cottonseed, sunflower, rapeseed (canola), soybean, and/or olive oil)

(ADA, 1997)

Remember, choose healthier fats and eat in moderation. Eat more food from the whole grain bread/cereals, fruits, and vegetables group. Exercise everyday, at least 30 minutes. Maintain a healthy weight or reduce weight if overweight. Drink at least 8 cups of water everyday, and if you exercise, drink more. Manage negative stress in a positive way, don't let it make you sick.

Department of Public Health  
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General Nutrition Services

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## Fats in our Diets



Eat less foods high in fat.

\* Foods **high in fat**, especially **saturated fat** may increase blood **cholesterol** and **triglycerides** and cause **heart disease**.

\* A diet high in fat is also **high in calories**.

\* Eating too many calories will **increase** your **weight** and too much weight makes your heart work harder, which is **not healthy**.

\* Eat foods low in fat, and use little fat or oil for cooking.

## Types of Fats

**Saturated fats** - solid at room temperature and most come from animal foods (butter, lard, beef, chicken fat, hot dogs, sausage, bacon, most cheese and milk)

- vegetable oils such as palm, palm kernel, and coconut have saturated fat
- raises cholesterol level in the blood and LDL (bad cholesterol)

**Unsaturated fats** - liquid in room temperature, either polyunsaturated or monounsaturated, found in fish and plant sources

### **Polyunsaturated fats:**

- helps lower cholesterol level in the blood by lowering harmful LDL
- use in small amounts to help maintain a healthy weight or reduce weight

### **1) Omega-3 fatty acids**

- found in shellfish and fish oils (from fresh or canned tuna, salmon, sardines, herring) and plant foods such as walnuts, soybean products, flaxseed, and canola oil
- may lower the risk of getting heart disease if eaten at least once a week

### **2) Omega-6 fatty acids**

- found in vegetable oils such as corn, safflower, sunflower, soybean, sesame
- may help lower LDL levels

### **Monounsaturated fats:**

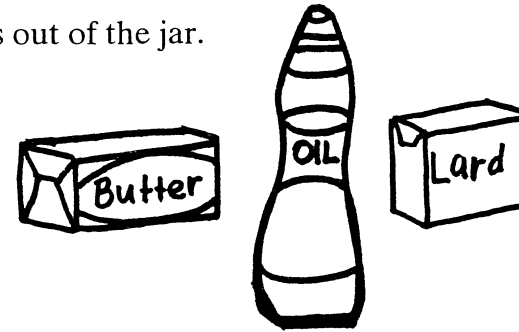
- raises HDL (good cholesterol)
- canola and olive oils (oleic acid) have the highest percentage of monounsaturated fat (also found in most nuts, peanut oil, and avocados)
- good for cooking because they develop fewer free radicals (damage body cells possibly causing cancer, heart disease, etc.) when overheated than polyunsaturated oils

### **Trans-fatty acids:**

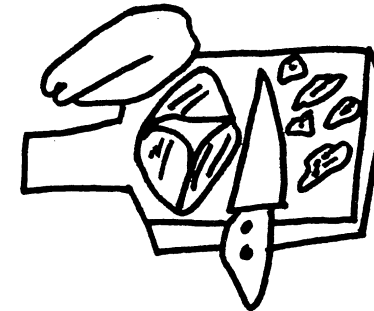
- produced from process of hydrogenation (adding hydrogen atoms to an unsaturated fat causing it to be more like saturated fat)
- found in foods such as margarine, shortening, crackers, cookies, potato chips, puddings, etc. (foods have longer shelf-life or last longer because of the hydrogenation process)
- if eaten in large amounts, may increase LDL levels similar to saturated fats

## **Tips on how to eat less fat**

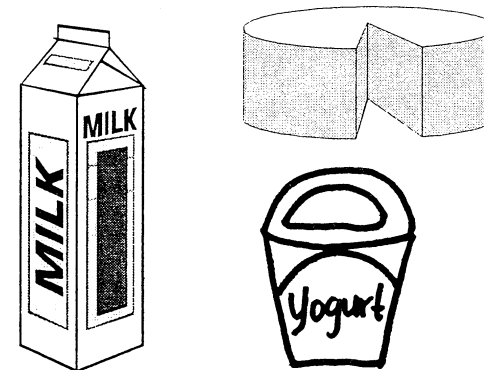
- \* Use less oil and other fats in cooking. Put oil in a container that limits the amount of oil that comes out of the jar.



- \* Trim and remove fat from meats (beef, pork, chicken, turkey, and others).



- \* Drink low-fat milk such as skim and 1% low-fat, non-fat. Whole milk and other dairy products contain more fat.



- \* Don't use cream or use in small amounts. Use milk in coffee instead of cream or non-dairy creamer. Non-dairy creamer is high in fat. Use plain yogurt mixed with small amounts of cream or foods you like.

- \* Boil, broil, grill, bake, barbecue, microwave, steam, or toast instead of frying.

- \* Use non-fat or light salad dressing and spreads.

- \* For sauteeing, use nonstick pans and vegetable sprays. Use wine, seasoned tomato juice, or broth instead of gravy.

(ADA,1997)

Too much fat eaten from food may cause cancer and many diseases.

~~Cholesterol!~~  
~~saturated fats~~  
**Triglycerides**  
**Calories**

